



Pleasantries

Heat Wave Edition

The Pleasant Street Center – "Reading's gathering place for Seniors"
49 Pleasant Street, Reading, MA 01867 (781) 942-6794

Stay Healthy and Cool



- Drink plenty of nonalcoholic fluids. **DO NOT WAIT until you are thirsty.**
 - Avoid sugary drinks they cause you to lose more body fluid.
 - If you are on a fluid restriction, consult your doctor on how much fluid intake is appropriate to your situation.
- Stay indoors, in air-conditioning if possible. If you do not have air-conditioning visit places such as the mall.

Two free options in Reading:

- **Pleasant Street Center** : Monday- Friday from 8:30am -4:00pm
- **Reading Public Library**: Monday-Wednesday 9:00am-9:00pm, Thursday 1:00pm-9:00pm, Friday & Saturday 9:00am-5:00pm

- If you must be outdoors, limit your time outside during midday hours.
 - Wear broad spectrum sunscreen with SPF of at least 15 and a wide brimmed hat.
- Use your stove /oven less to maintain a cooler temperature in your home.
- Dress in cool, loose fitting, lightweight, light colored clothing.



Greatest risk of suffering from heat-related illness include **infants and children, people with mental illness, people age 65 and older, people with chronic medical conditions** or who are physically ill, and those who are working outside.



Beat the heat Monday, July 25 and join us for Birthday Lunch!

If your birthday is in July, Reading residents receive a free lunch & gift.
Cake & Ice Cream for all.

Call for reservations by Friday, July 22 at noon. Suggested donation for lunch if not your birthday month \$2.00.